

Daily Food Diary

Date

Note: Leave section blank if you had nothing to eat from this food group



**Recommended
serving sizes:**

Grains/Starches: 1/2 cup or 1 slice
Vegetables: 1 cup
Fruit: 1/2 cup

Dairy: 2 oz.
Protein: 2-3 oz.
Beverages: 8 oz.

Food Group	Food Name and Amount
Breakfast	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
Comments	
Snack	
Lunch	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
Comments	
Snack	
Dinner	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
Comments	
Snack	